



LEMON TERIYAKI GLAZED SALMON

roasted broccoli, cashews, sesame rice

COOK TIME	SERVINGS	CALORIES PER SERVING	MENU
25 MIN	2	660	GLUTEN-FREE

Bright lemon enhances sweet and tangy teriyaki sauce in tonight's salmon supper. The salmon is first seared, then roasted in the oven to gently cook through. It's served over sesame rice, then drizzled with glossy, umami-packed teriyaki sauce. On the side, there's roasted broccoli topped with buttery cashews. Make sure you squeeze extra lemon juice all over everything before serving for even more fresh, bright flavor.

INGREDIENTS (10 ITEMS)

½ cup	Jasmine rice
6 oz	Broccoli
2 (5 oz)	Sustainably raised Atlantic salmon* F
¼ oz	Garlic
1 whole	Lemon
½ oz	Roasted cashews T
1¾ oz	Gluten-free teriyaki sauce S
¾ oz	Agave
1 whole	Vegetable stock concentrate
1 tsp	Black & white sesame seeds



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



2 (5 oz) **Wild-caught sockeye salmon*** F
Calories: 550

*Salmon is fully cooked when internal temperature reaches 145°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

WHAT YOU'LL NEED

small pot with lid
medium sauté pan
baking sheet
medium bowl
measuring cup & spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

F FISH (salmon) T TREE NUTS (cashews)
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed. Remove from heat. (You'll finish the rice in Step 6.)

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 START PREP & ROAST BROCCOLI

- Cut **broccoli** into bite-size pieces if necessary.
- Place **broccoli** in a medium bowl. Drizzle with about 1 teaspoon cooking oil. Season with salt and pepper. Stir to coat.
- Spread **broccoli** out in a single layer on one half of a lightly oiled, foil-lined baking sheet. Roast about 5 minutes. (You'll add the salmon in Step 3.)

3 PREP & COOK SALMON

- Pat **sustainably raised Atlantic salmon** dry with paper towels. Season with salt and pepper.
- Heat about 1 teaspoon cooking oil in a medium sauté pan over medium-high heat. Add **salmon** to hot pan, skin sides up. Sear 2-3 minutes, or until salmon easily releases from pan.
- Transfer **salmon**, skin sides down, to empty side of baking sheet with broccoli. (Reserve pan.) Roast 5-7 minutes, or until salmon is fully cooked and broccoli is tender.
- Transfer **salmon** to a cutting board.

🔄 Swap in **wild-caught sockeye salmon** for sustainably raised Atlantic salmon.

4 FINISH PREP

- Mince **garlic**.
- Quarter **lemon**.
- Roughly chop **roasted cashews**.

5 MAKE SAUCE

- Heat pan used for salmon over medium-high heat. Add **garlic** to hot pan. Cook about 1 minute, or until fragrant, stirring frequently.
- Add **gluten-free teriyaki sauce**, **agave**, **vegetable stock concentrate**, and juice from two **lemon wedges**. Cook 1-2 minutes, or until sauce has thickened slightly, stirring frequently. Season with salt and pepper to taste.

6 FINISH RICE

- Add **black and white sesame seeds** to pot with rice. Fluff rice with a fork.

7 PLATE YOUR DISH

- Divide **sesame rice** between plates. Top with **salmon**. Drizzle with **lemon teriyaki sauce**. Mound **roasted broccoli** next to salmon. Garnish broccoli with **cashews**. Serve with remaining **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (358g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1000mg	43%
Total Carbohydrate 66g	24%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 38g	
Vitamin D 7mcg	35%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 465mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Salmon [salmon], **Agave** [organic agave syrup], **Gluten-Free Teriyaki Sauce** [water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid)], **Garlic**, **Lemon**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Broccoli**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Jasmine Rice** [jasmine rice], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Tree Nuts, Soy And Fish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.